

Scientific Temperance

MONTHLY ADVICES.

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of the Woman's Christian Temperance Union.

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MERIT AND DEMERIT CIRCULAR NO. 3.

It is well known that when the first temperance education laws were enacted, the branch they required taught was an unwritten science as specified by that legislation, and that many hurriedly prepared, badly graded and otherwise crude text books purporting to teach "Physiology and Hygiene with special reference to the effects of alcoholic drinks and other narcotics" were, as a business venture, rushed upon the unexpected market. Teachers as a class lacked the previous training in this new topic that enabled them to supplement to their pupils the deficiencies in these text-books. Where neither text-book nor teacher is in possession of the facts that should be taught, the study will obviously be a failure and the object of the law lost.

To avert this peril, in the autumn of 1887 a syllabus of what should be taught in these books was drafted, in the form of a petition to publishers of defective Temperance Physiologies, asking for the revision of these books. That petition is printed in full on page 3 of this circular. It was signed by many renowned physicians, members of State Boards of Health, college presidents, distinguished statesmen, teachers and scholars from all parts of our country.

It thus formed a standard of eminent opinion as to what should be taught on this topic and how the matter should be graded to make it intelligible to "all pupils in all schools," as the law demands.

As a result, a large share of the imperfect text-books on this topic has been revised or a better series in harmony with the Petition has been issued. Thus a large variety of good well-graded text-books on this theme, issued by different publishers, is now ready to be exchanged for the imperfect books in

the schools, that defeat the object of the law.* To aid those who wish to secure this exchange and at their request, circulars, showing the merits of the revised, and demerits of the unrevised, books are prepared.

NOTE.—The points where books meet or fall short of the requirements of this Petition Standard are shown in the following Numbers of the Merit and Demerit Circulars.

Circular No. I.

Criticisms of Smith's "Primer of Physiology," Smith's "Human Body and its Health," Lincoln's "Hygienic Physiology," May's "Anatomy, Physiology and Hygiene," Mill's "Physiology, Hygiene and Narcotics," and "An Elementary Text-Book of Anatomy, Physiology and Hygiene," by Prof. James Thatcher and Arthur B. Morrell.

Circular No. II.

The Blaisdell Physiologies and Johonnot and Bouton's "How We Live" contrasted with the endorsed Physiologies.

Circular No. III.

The Cutter Physiologies contrasted with the endorsed Physiologies.

Circular No. IV.

"Essentials of Anatomy, Physiology and Hygiene," by Roger S. Tracy, M.D., Brand's "Good Health for Children," Brand's "Health Lessons for Beginners," Brand's "Lessons on the Human Body," Brown's "Physiology and Hygiene," Kellogg's "First Book in Physiology and Hygiene," Hooker's "First Book in Physiology," Buckelew's "Practical Work in the School-Room," Walker's "Anatomy, Physiology and Hygiene," Walker's "Health Lessons," Hutchinson's "Physiology and Hygiene," Hutchinson's "Laws of Health," Dunglison's "Elementary Physiology," Dunglison's "School Physiology," Allen's "Man Wonderful in the House Beautiful," Martin's "Human Body," "Advanced Course," and same "Briefer Course." Steele's "Fourteen Weeks in Physiology," and Steele's "Abridgement of the Hygienic Physiology."

*These books bear the endorsement of the Committee of correspondence chosen by the Petitioners to extend such endorsement to all books found to conform to the Standard. This Committee, which consists of Mrs. Mary H. Hunt, the Rev. Daniel Dorehester, D.D., Rev. Albert H. Plumb, D.D., Rev. Joseph Cook and W. H. Sheldon, then President of the National Teachers Association, sustain an official relation to the National Department of Scientific Temperance Instruction, and, at the request of the publishers, issued their endorsement in that official capacity.

The Petition to Publishers.

THE ESTABLISHED STANDARD FOR TEMPERANCE PHYSIOLOGIES.

1. Thirty-two States* and all the Territories now require scientific temperance instruction in the public schools, and the question whether the children shall receive such instruction is seen to depend largely upon the character of the manuals of instruction employed.

2. It was the intention of those who secured these laws that the children should have the latest science concerning the dangerous and hurtful qualities of alcohol used in any degree, and the peril of forming the habit of its use. The law requires this. Nothing less than this will ever satisfy its friends.

3. Those text-books that are largely physiology, with a minimum of temperance matter that only points out the evil of drunkenness and the danger of excessive use of alcoholic drinks and narcotics, do not meet the requirements of the law, and do not satisfy those who secured its enactment and who *are determined to secure its enforcement.*

4. The undersigned, therefore, who represent various temperance organizations, and who are familiar with the sentiment and are entitled to speak for the very numerous membership of different churches and other bodies, extending widely throughout the land, and citizens who speak for ourselves, do make respectful and earnest appeal to all publishers of text-books on this subject to revise their publications to conform to the latest results of scientific inquiry, and to meet the terms and spirit of these statutes in making the temperance matter the chief and not the subordinate topic in these books, so that public and authorized expressions of approval and endorsement of all such books can be issued and given wide circulation.

5. In urging this appeal we beg leave to represent that if this new education is to give to the world a coming generation of intelligent total abstainers, as we expect, its manuals of instruction must conform to the following specifications :

1st. — They must teach with no uncertain sound the proven findings of science, viz. :

a. — That alcohol is a dangerous and seductive poison.

b. — That beer, wine, and cider contain this same alcohol, thus making them dangerous drinks, to be avoided, and that they are the product of a fermentation that changes a food to a poison.

c. — That it is the nature of a little of any liquor containing alcohol to create an appetite for more, which is so apt to become uncontrollable that the strongest warning should be urged against taking that little and thus *forming* the appetite.

2d. — They must teach also the effect of these upon “the human system,” that is, upon the whole being — mental, moral, and physical.

*This number has now [1892] been increased to thirty-four.

The appalling effects of drinking habits upon the citizenship of the nation, the degradation and crime resulting, demand that instruction here should give clear and emphatic utterance to the solemn warnings of science on this subject.

3d.—This instruction must be as well graded to the capacities of each class of pupils as the modern school readers are. A book fit for high schools put into primary or intermediate classes will make the study a failure there. Truth is just as true and as scientific when told in easy words as when put into stilted technicalities the child cannot understand.

4th.—This is not a physiological but a temperance movement. In all grades below the high school this instruction should contain only physiology enough to make the hygiene of temperance and other laws of health intelligible. Temperance should be the chief and not the subordinate topic, and should occupy at least one-fourth the space in text-books for these grades. As only a small portion of the pupils in our public schools attend high schools, and vast numbers leave with the primary, this instruction should be early and ample. It is not desirable to have a separate book for the physiology heretofore studied in the high school or to limit the amount, but at least twenty pages out of that ordinarily required should be given to the question of the danger of alcoholic drinks and other narcotics, in a text-book for these classes.

5th.—This effort to disabuse the minds of the rising generation of the fallacies which lead to drink habits should purposely avoid reference to the medical use of alcohol. As by common consent its lay prescription is condemned, the question of its use as a remedy may properly be relegated to medical treatises, as out of place and misleading in a school text-book.

Lacking in any of these points, a text-book on scientific temperance is incomplete, and the use in the schools of such a book will not result in a strong temperance sentiment among the pupils using it.

Because the question of total abstinence for the children of this country, and therefore of their well-being and that of the land soon to be governed by them, depends so largely upon the teachings in these books, we make this appeal.

A Book that Falls Below the Petition Standard.

Purporting to be for Beginners.

CUTTER'S "BEGINNER'S ANATOMY, PHYSIOLOGY AND HYGIENE."

Measured by the requirement of the Standard of eminent opinion given on the preceding page, this book is lacking in the following particulars:—

1. Claiming to be a book for beginners, it presents too many and too intricate facts for primary pupils. It abounds in technical terms and definitions adapted only to more advanced grades. On page 20 the expression "the biceps of the arm" is introduced bodily into the text without a shadow of introduction or explanation. Page 38, states that "Nicotine is a poison which acts like Prussic acid." This is not very edifying to pupils who have never seen or heard of Prussic acid.

2. The book contains too much physiology and too little temperance matter. Experience has shown that the temperance matter that should be taught to pupils of Primary, Intermediate or Grammar grades cannot be treated in less than one-fourth the space given to the physiology and hygiene that is appropriate to the capacities of such pupils. This amount is therefore required by the Petition Standard and the laws of many States. Cutter's "Beginner's Anatomy, Physiology and Hygiene" lacks 19 pages of the required amount.

3. Nothing is said of the poisonous nature of alcohol.

4. The fact that there is alcohol in beer, wine, and cider is mentioned but nothing is said to show why its presence makes these liquors dangerous drinks. The changes in the nature of fruit and grain juices wrought by fermentation are not explained.

5. It says nothing concerning the nature of a little alcohol to create an appetite for more, and contains no warning against taking that little. The cautions against using alcohol or tobacco, directed only to the "young" and against "excess," are open to the inference that they are not injurious to adults.

Books that Comply with the Petition Standard.

For Primary Grades.

No. 1 OF PATHFINDER SERIES.*

No. 1 OF UNION SERIES.†

No. 1 OF APPLETON'S SERIES.‡

No. 1 OF ECLECTIC SERIES.||

"GOOD HEALTH FOR CHILDREN."§

"PHYSIOLOGY FOR LITTLE FOLKS."¶

Measured by the Standard of eminent opinion given on the preceding page, these books fulfil the requirements on the following, as well as all other points:—

1. They are free from technical terms. All physiological descriptions necessary to an understanding of the simple laws of hygiene are given in easy, child language.

2. These books contain only physiology enough to make intelligible, their simple hygienic teaching, as well as the "special reference" to the effects of alcoholic drinks and other narcotics that the law requires. They give ample space to the required temperance matter.

3. The teaching of these books is full and clear as to the dangerous and seductive nature of alcohol as a poison. See p. 41 of "Child's Health Primer," p. 28 of "Health for Little Folks," p. 27 of "House I Live In," or p. 27 of No. 1 of the Union Series.

4. The process of fermentation which changes the sugar of good fruit and grain juice to a poison is clearly but simply set forth in each of these books. See pp. 39-48 of "Child's Health Primer," or pp. 27-33 of "House I Live In," or pp. 25-33 of No. 1 of the Union Series, or pp. 26-36 of "Health for Little Folks."

5. The power a little alcohol has to create an appetite for more is clearly set forth in each of these books. See "Child's Health Primer," p. 42, p. 29 of "Health for Little Folks," p. 35 of No. 1 of the Union Series, or p. 28 of "House I Live In."

*Issued by A. S. Barnes & Co.

† " " Ivison, Blakeman & Co.

‡ " " D. Appleton & Co.

||Issued by Van Antwerp, Bragg & Co.

§ " " Leach, Shewell & Sanborn.

¶ " " Lee & Shephard.

In addition to the above deficiencies, Cutter's "Beginner's Anatomy, Physiology and Hygiene" contains objectionable passages, of which the following are samples:

Pages 36, 37. The term "*pure*," meaning "unadulterated" is applied to beers, wines, etc. This is open to misapprehension in favor of the drinks thus described.

Page 37 contains this laconic paragraph. "Chloral is made from alcohol. In proper doses it induces rest and sleep. It causes the chloral habit." No child would understand from this that chloral was a thing to be avoided. He might very easily conclude that it was a good thing to use since it induced rest and sleep.

Page 38. Here, as elsewhere, particular stress is urged against the use of alcoholics *by children*, the text says, "no *young* person should use tobacco," also p. 25, "*children and growing persons* should abstain from the use of alcoholics," etc., implying that abstinence is needful only for the young. This is practically an inducement to the boy who is eager to become a man to begin the habits which he has been taught are unfit for children.

Page 120. "Children should not be allowed to sip the sugared dregs of alcoholics," implying that it is perfectly proper to have "sugared dregs" of alcoholic drinks about, only that "children" should not be allowed to sip them. As alcohol has the power to create an appetite for more, such beverages are not only unsafe for children but for adults as well.

Pages 32, 76 and 99 speak of alcoholics "in excess" which is also objectionable. "Excess" means "beyond due bounds." To speak of the use of alcohol or tobacco "in excess" implies that there are due bounds for such use.

A Book that Falls Below the Petition Standard.

Purporting to be for Intermediate Grades.

CUTTER'S "INTERMEDIATE ANATOMY, PHYSIOLOGY AND HYGIENE."

Measured by the requirements of the Standard established by the eminent opinion referred to, this book is lacking in the following particulars:

1. It is adapted only to the highest grade below the High School. It contains altogether too many technical terms and expressions above the capacity of intermediate pupils. It attempts to explain too much of the intricate physiology that should be left for the high school.

2. It lacks twenty-nine pages of the required amount of temperance matter.

3. It does not teach that alcohol is a dangerous and seductive poison.

4. Beer, wine, and cider are briefly mentioned, but nothing is said to show that the alcohol in these drinks makes them dangerous beverages. It is not clearly shown that they are the product of a fermentation that changes a food to a poison.

Books that Comply with the Petition Standard.

For Intermediate or Grammar Grades.

HYGIENE FOR YOUNG PEOPLE.*
YOUNG PEOPLE'S PHYSIOLOGY.*
LESSONS IN HYGIENE.†
YOUTH'S TEMPERANCE MANUAL.‡
No. 3 of UNION SERIES.¶
A HEALTHY BODY.§

Measured by the Standard for temperance text-books, these books fully comply with its requirements on the following as well as all other points:

1. They contain no technical terms beyond the capacity of pupils of the grades for which they are designed; but treat all topics in familiar language which these pupils can easily comprehend. They contain only physiology enough to make intelligible the laws of hygiene as well as the effects of violating such laws in the use of alcoholic drinks and other narcotics.

2. They amply comply with the Standard and the laws of many states requiring one-fourth the space of books on this topic, for this grade, to be given to temperance matter.

3. They teach clearly the poisonous nature of alcohol. See "Lessons in Hygiene," pp. 35 and 36; also "Youth's Temperance Manual," p. 29, "Hygiene for Young People," pp. 10, 11; "Union Series No. 3," p. 42.

4. They teach the dangerous character which alcohol imparts to the drinks containing it. They also comply with the requirements of the Standard in teaching that these drinks are the product of a fermentation that changes a food to a poison. See No. 3 of the Union Series, p. 46; "Hygiene for Young People," p. 19; "Lessons in Hygiene," p. 47; or "Youth's Temperance Manual," p. 28.

* Issued by A. S. Barnes & Co.
† " D. Appleton & Co.
‡ " Van Antwerp, Bragg & Co.

¶ Issued by Ivison, Blakeman & Co.
§ " Silver, Burdette & Co.

Beside the above mentioned deficiencies, Cutter's "Intermediate Anatomy, Physiology and Hygiene" contains numerous objectionable statements and expressions, some of which are:

Pages 9 and 10 speak of the "*abuse* of alcohol" and "the *abuse* of tobacco." This is misleading in the favor of what is termed the moderate use of these substances. As long as both alcohol and tobacco in small quantities have the power to create an uncontrollable appetite for more, the strongest warning should be urged against taking any and thus forming the appetite.

Page 107. Statements in ¶ (q) footnote, comparing the evil effects of "erroneous habits in eating," with "the habitual use of of alcoholic drinks," is a wide departure from the requirements of the Petition Standard.

A Book that Falls Below the Petition Standard.

For High Schools.

CUTTER'S "COMPREHENSIVE ANATOMY, PHYSIOLOGY AND HYGIENE."

Measured by the Standard before referred to, this book is lacking on the following points:

1. It falls short ten pages, one-half the required amount of temperance matter for high school books.

2. It does not teach that alcohol is a dangerous and seductive poison.

3. It treats only of *alcohol*, says nothing of the nature of beer, wine and cider, the form in which the young are most tempted to take alcohol.

4. It contains nothing to show that it is the nature of a little alcohol to create an appetite for more, and no warning against taking the little that may lead to the formation of such an appetite.

Books that Comply with the Petition Standard.

For High Schools.

STEELE'S HYGIENIC PHYSIOLOGY.*

TRACY'S OUTLINES OF ANATOMY, PHYSIOLOGY AND HYGIENE.†

MARTIN'S HUMAN BODY AND THE EFFECTS OF NARCOTICS.‡

ECLECTIC GUIDE TO HEALTH.||

These books are adapted to high schools and advanced classes in common schools. They also conform to the requirements of the Standard on the following points:

1. They contain the required amount of temperance matter.

2. They teach the poisonous nature of alcohol.

3. They teach the dangerous character which alcohol imparts to the drinks containing it; and that they are the product of a fermentation that changes a food to a poison.

4. They show the power a little alcohol has to create an appetite for more, and the warning science gives against taking that little.

* Issued by A. S. Barnes & Co.

† " D. Appleton & Co.

‡ Issued by Henry Holt & Co.

|| " Van Antwerp, Bragg & Co.

Cutter's "Comprehensive Anatomy, Physiology and Hygiene" contains many statements tending directly to encourage the use of alcoholic drinks and other narcotics; among these are:

Page 132, "All civilizations have their means of acting on the nervous centres,—of transporting their people to a more exalted condition of mental activity and physical buoyancy, the excessive and evil manifestations of which are called intoxication." The fact that nearly all peoples have some methods of producing intoxication is a description of a universal vice, which should not be detailed in such commendatory terms; neither are the statements true as here made, for these substances produce not an "exalted" but a debasing mental activity.

Page 132 and 133 says "Taken into the system in small quantities it (alcohol) is destroyed in the body and generates force and heat." This is an error; it has been repeatedly

demonstrated that alcohol both lowers the temperature and diminishes the power of muscular contraction.

Other equally false, misleading and dangerous teachings occur elsewhere in the book, notably: on page 133, where alcohol is said to "enable a person to employ his reserves of force by setting free body energy not called out by ordinary nerve-cell action"; and (same page), to improve "conditions not quite deceased." Such claims have been contradicted by the results of modern investigation, and to re-state and attempt to teach them now is to teach dangerous error.

A Book that Falls Below the Petition Standard.

Purporting to be "An Elementary Text-Book."

CUTTER'S "LESSONS IN HYGIENE."

Measured by the requirements of the Petition Standard this book is lacking in the following particulars:

1. It claims to be an elementary book, but it is too technical and too advanced for pupils below the high school. See particularly pages 15, 32, 105.

2. It lacks $27\frac{1}{2}$ pages of the required amount of temperance matter.

3. It does not teach that alcohol is a dangerous and seductive poison.

4. Nothing is said to show that beer, wine and cider are the product of a fermentation that changes a food to a poison.

Books that Comply with the Petition Standard.

For Intermediate and Grammar Grades.

HYGIENE FOR YOUNG PEOPLE.*
JOHONNOT AND BOUTON'S LESSONS
IN HYGIENE.†
YOUTH'S TEMPERANCE MANUAL.‡
No. 3 OF THE UNION SERIES.§
A HEALTHY BODY.§

Measured by the Standard for temperance text-books, these books fully comply with its requirements on the following as well as all other points:

1. They are free from technical terms. All physiological descriptions necessary to an understanding of the simple laws of hygiene are given in easy, child language.

2. They amply comply with the Standard and the laws of many States, requiring one-fourth the space of books on this topic, for this grade, to be given to temperance matter.

3. They teach clearly the poisonous nature of alcohol. See "Lessons in Hygiene," pp. 35 and 36; also "Youth's Temperance Manual," p. 29; "Hygiene for Young People," pp. 10, 11; "Union Series No. 3," p. 42.

4. They comply with the requirements of the Standard in teaching that beer, wine and cider are the product of a fermentation that changes a food to a poison. See No. 3 of the Union Series, p. 46; "Hygiene for Young People," p. 19; "Lessons in Hygiene," p. 47; or "Youth's Temperance Manual," p. 28.

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§ Issued by Ivison, Blakeman & Co.
§ " Silver, Burdette & Co.

In addition to the above mentioned deficiencies, Cutter's "Lessons in Hygiene" is objectionable for the following reasons:

Page 50. It speaks of the *abuse* of alcohol, which, as previously stated, is misleading in favor of its moderate use.

Page 42. Alcohol is placed in the class of accessory foods, a place which the results of scientific investigation prove it does not deserve.